

EaD Comprehensive Lesson Plans



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BASIC 9

WEEKLY LESSON PLAN – WEEK 7

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|--------------------------------------|--|--|--|------------------|---|
| Strand: | Introduction to Computing | Sub-Strand: | Health and Safety in the use of ICT tools | | |
| Content Standard: | B9.1.3.1. Demonstrate how to apply Health and Safety measures in the use ICT tools | | | | |
| Indicator (s) | B9.1.3.1.2 Evaluate safety risk reduction at issues at workstations | Performance Indicator; Learners can work with safety precautions at workstation. | | | |
| Week Ending | 25-10-2024 | | | | |
| Class | B.S.9 | Class Size: | | Duration: | |
| Subject | Computing | | | | |
| Reference | Computing Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook. | | | | |
| Teaching / Learning Resources | Personal Computer, Printer, Poster showing how to reduce safety risks | Core Competencies: | <ul style="list-style-type: none"> • Communication and Collaboration. • Critical Thinking and Problem Solving. • Creativity and Innovation. | | |
| DAY/DATE | PHASE 1 : STARTER | PHASE 2: MAIN | | | PHASE 3: REFLECTION |
| MONDAY | Discuss with the Learners on the meaning of “ Hazards “and examples of hazards associated with the use of technology | <ol style="list-style-type: none"> 1. Show pictures and video displaying possible hazards or risks associated with the use of technology. 2. Learners brainstorm to identify causes of hazards associated with the use of technology. 3. Learners brainstorm to come out with ways to avoid hazards associated with the use of technology. 4. Discuss with the Learners on the heat generated by machines (e.g. computers, printers etc.) and how to reduce excess heat <p>Hazards and Solutions</p> <p>Many who use a computer at work or home may be unaware of workstation situations that can increase their risk of development of injury. The following references aid in recognizing potential hazards associated at computer workstations and give possible solutions to address those hazards.</p> <p>Hazard Recognition</p> <p><u>Computer Workstations</u>. OSHA eTool. Includes new material developed by the Human Factors and Ergonomics Society. Also, incorporates a checklist to assist the computer user with evaluation of their workstation and with purchasing of new equipment.</p> | | | <p>.Through questions and answers, conclude the lesson.</p> <p>Exercise;</p> <ol style="list-style-type: none"> 1. What are hazards with regards to the use |

[A Survival Guide to Computer Workstations.](#)

Occupational Health, Safety, and Education (OHSE), Ohio State University. Presents hazard and radiation information.

[NIOSH Publications on Video Display Terminals.](#) U.S.

Department of Health and Human Services (DHHS), National Institute for Occupational Safety and Health (NIOSH) Publication No. 99-135, (September 1999). Provides a compendium of NIOSH publications and reports on video display terminals (VDTs).

Possible Solutions

[Office Ergonomics Guide.](#) Safety Office, University of Waterloo.

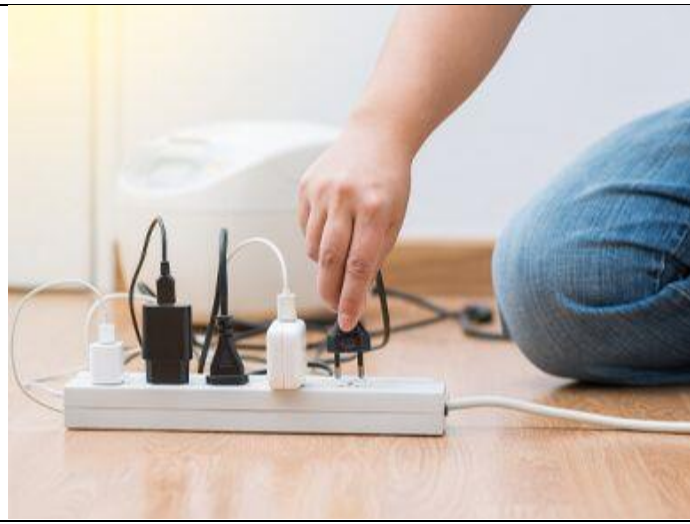
[OSH Answers: Office Ergonomics.](#) Canadian Centre for Occupational Health and Safety (CCOHS). Provides a searchable database for health and safety information on a variety of topics in an office workstation. Provides navigational links on specific topics, such as "positioning the monitor" or "wrist rests".

[Ergonomics and Musculoskeletal Disorders - Computer Keyboards & Video Display Terminals.](#) National Institute for Occupational Safety and Health (NIOSH) Workplace Safety and Health Topic.

[Evaluating your computer workstation: How to make it work for you.](#) Oregon Occupational Safety and Health Division (OR-OSHA). Identifies health considerations for video display terminals (VDTs) and workstation use, how to evaluate a workstation, and various measures that can be taken to reduce associated worker health problems.

[Strategic Rest Breaks Reduce VDT Discomforts Without Impairing Productivity, NIOSH Study Finds.](#) National Institute for Occupational Safety and Health (NIOSH) Update, (May 22, 2000). Summarizes a report showing that short, strategically spaced rest breaks can reduce eyestrain and musculoskeletal discomforts for video display terminal operators without decreasing productivity.

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| | | <p><u>Alternative Keyboards</u>. U.S. Department of Health and Human Services (DHHS), National Institute for Occupational Safety and Health (NIOSH) Publication No. 97-148, (January 1997). Explains the differences between alternative and regular keyboards, and provides information on whether alternative keyboards prevent injuries.</p> | |
| <p>FRIDAY</p> | <p>Learners brainstorm to identify health related issues associated with the use of ICT tools.</p> | <ol style="list-style-type: none"> 1. Assist Learners to identify ways of reducing electricity energy consumption at home with regards to the use of ICT tools. 2. Discuss some do's and don'ts to be taken into consideration when using ICT tools. 3. Learners brainstorm to describe how to care for ICT tools. <p>Reducing Electricity;</p> <ul style="list-style-type: none"> • Appliances and electronics -- Purchase energy-efficient products and operate them efficiently. Use an advanced power strip to reduce "vampire loads"--electricity that is wasted when electronics are not in use. • Lighting -- Purchase energy-efficient products, operate them efficiently, and incorporate more daylighting into your home using energy-efficient windows and skylights. • Electric space heating and cooling -- Purchase energy-efficient electric systems and operate them efficiently. Incorporate passive solar design concepts into your home, which include using energy-efficient windows. Properly insulate and air seal your home. Select an energy-efficient heating system that doesn't use electricity. • Electric water heating -- Purchase an Energy Star heat pump water heater and operate it efficiently. • Reduce your "always-on" appliances. If your home has a smart meter and you can see your hourly consumption, then examine your consumption at 3AM. It should be significantly less than your use at 7pm. If it isn't then you might have "vampire loads.". Look for electronics that you don't use (like VCRs!) or can switch off, or perhaps get rid of that extra refrigerator | <p>Through questions and answers, conclude the lesson.</p> <p>Exercise;</p> <p>State 5 ways of reducing electricity at the workstation.</p> |



Name of Teacher:

School:

District: